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LESS SHOCKING

Provincial plan includes Nova Scotia Power stability period from 2017 until 2019 metroNEWS

Convicted cabbie wants job back

HEARING

Driver guilty of sexual assault against female passenger



Stephanie Taylor
Metro | Halifax

A taxi driver in Halifax convicted of sexually assaulting a female passenger is asking the city to reinstate his cab licence.

Ahror Mamadiev, 43, was handed a conditional discharge on Sept. 2, after he was found guilty of sexually assaulting a woman while dropping her off home on Aug. 18, 2014, according to a staff report.

A company spokesperson confirmed the accused drove with Casino Taxi at the time, but was promptly dismissed.

Court documents show Mamadiev was sentenced to 12 months' probation with 50 hours of community service to be completed by next June.

He was also required to be registered under the Sex Offender Information Registration Act for 10 years, provide a DNA sample and be banned from weapons for three years.

The city permanently revoked his taxi licence following the court ruling.

It had been suspended after initial charges were laid in August 2014, despite an unsuccessful appeal to have the decision overturned last October.

Now, the case is headed back to Thursday's appeals standing committee, after a report said lawyers filed an appeal that "advised (Mamadiev) had technically not been 'convicted' as the court in sentencing had imposed a conditional discharge."

"I'll reserve my decision until Thursday, but being accused of sexual assault and being found guilty of sexual assault are a big difference in my view," committee chairman and Coun. Matt Whitman said Monday.

He cited significant differences between this case and the recent incident involving Bassam Al-Rawi, a cab driver facing sexual assault charges, who successfully appealed his licence suspension on the basis of innocent until proven guilty.

"I don't have a whole lot of patience if someone has been convicted, and I make my decisions based on the conviction," Whitman said.

Staff recommend against Thursday's committee granting Mamadiev's appeal request.

> **"It impacts not only the business, but our lives outside the industry. It's a terrible, terrible blemish.**
>
> Dave Buffett

Dave Buffett, president of the Taxi Drivers Owners Association, predicts it's highly unlikely the city's decision will be overturned.

"I'd be shocked," he said.

Buffett called the incident "a major black eye" to the reputation of the taxi industry and its drivers, both personally and professionally.

A city spokesman said even if a driver's licence is revoked, there is no time frame preventing them from reapplying in the future and making a case that their situation has improved.

"It essentially isn't a lifetime revocation when you get your licence revoked," Brendan Elliott said.



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metro NEWS

Your essential daily news

Metro won't be publishing on Remembrance Day. We will return on Nov. 12

'Stay tuned' for Ikea in Halifax

INTERIOR DESIGN

Furniture chain eyes coast-to-coast expansion



Stephanie Taylor
Metro | Halifax

Ikea could be coming to Halifax. Well, at the very least Atlantic Canada.

Ikea Canada President Stefan Sjöstrand announced last week in Toronto that the company plans on doubling its store count while expanding coast-to-coast over the next 10 years. Currently, the mega-popular Swedish furniture and accessories chain has 12 locations across the country, but nothing east of Montreal.

When asked specifically whether Ikea would be setting up shop in Halifax, a company spokesperson said shoppers would just have to wait and see.

"We are calling it coast-to-coast, but as all of our new locations are still under negotiations it wouldn't be fair to comment on which cities," spokesperson Stephanie Kerr wrote in an email to Metro on Monday. "Stay tuned for more information!"

> **It will be the best thing that ever happened to Halifax.**
>
> Nadine Josey Close, Ikea fan



Shoppers walk past a logo of Ikea at its store in Gwangmyeong, South Korea, in December 2014. There are currently five provinces in Canada that are without an Ikea location. They include Nova Scotia, P.E.I., Newfoundland and Labrador, New Brunswick and Saskatchewan. JUNG YEON-JE/AFP/GETTY IMAGES

EXCITED AND UNDERWHELMED

Halifax reacts to Ikea news
Here are some reader comments from our Facebook page Monday regarding the possibility of an Ikea coming to Halifax.

Dennis C. Easton: Take it from a former Maritimer who shops at the Ottawa location. YOU WOULD BLOODY LOVE IT!!!

Dina Turdie Wirth: Ikea makes more sense than a Coach purse store lol.

Adam Taylor-d'Entremont: I LOVE Ikea! I was so disappointed when I moved here and found that there was no Ikea here! We need Ikea more than some of the stores out there.

Tony Hiltz: Meh. Was here before and couldn't survive.

Chrissie Hunt: Oh be still my beating heart...

Susan Hirtle: The problem is, is that Ikea was here before anyone realized it was cool! All the old baby boomers didn't care about it, but my generation and the newer generations want it bad!

Michael MacGrath: The old Rona building in Bayer's Lake would be ideal!

April King: Not sure why everyone's excited, it's a horrible store. Crappy stuff and totally overpriced.

Christina Murphy: Don't know why people are saying it's poor quality. Had all my furniture in Abu Dhabi from Ikea, super comfortable, chic! And much cheaper than the rest.

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Teen's death 'starting to sink in'

JADON ROBINSON

High school mourning student killed in car crash



Philip Croucher
Metro | Halifax



Jadon Robinson was a football player for the Sir John A. MacDonald Flames. MARK KAYS/FACEBOOK

The Sir John A. MacDonald football team was coming off an emotional win against one of its biggest rivals when they got the news.

One of their teammates had been involved in a serious car accident and was clinging to life in a Halifax hospital.

The heart-wrenching details came less than 24 hours after the Flames celebrated a 16-0 win against the Cobequid Education Centre Cougars on Friday night.

Then, on Sunday morning, the news none of them wanted to hear came: 17-year-old Jadon Robinson had died.

"When we were at the school (Sunday afternoon), it had not even been 48 hours," Brian Mason, the manager for the Flames football team, recalled on Monday.

Along with family and friends, Mason gathered at the Tantallon high school Sunday to grieve the Grade 11 student's death.

"It was just so surreal."

Robinson was living in the Tantallon area but would often drive to his hometown of Yarmouth on weekends.

Mason said the Sir John. A student had actually dropped his mom off at home after Friday night's game then drove to Yarmouth late in the night.

It wasn't long after that the call about the accident came in.

The vehicle, occupied by three teenagers, lost control on a sharp curve in Overton and landed upside-down in a pond late Saturday morning.

Even before the first responders arrived, people on shore waded in to get to the three teens.

As part of the rescue when first responders arrived, the car was turned over while in the water. While two of the teenagers escaped with minor injuries, Jadon wasn't as fortunate.

> **The tears were freely flowing. It was a good healing moment for them.**
> Brian Mason on a special team meeting on Sunday

He was airlifted to hospital in Halifax with life-threatening injuries, where he later died.

Robinson grew up on the Acadia First Nation in Yarmouth and was the son of chief Deborah Robinson.

"The reality is starting to sink in (now)," Mason said.

"Jadon was a very caring, loving person," he added. "Very full of life and energy. He lived life to the fullest.

"There's not too many people whoever met Jadon who didn't like Jadon."

Mason said Robinson's funeral takes place Thursday afternoon in Yarmouth.

The school is providing two buses to take students to the funeral, including the entire Flames football team.

The team is also planning to honour Jadon's memory before their playoff game against the Charles P. Allen Cheetahs on Sunday evening at a yet-to-be-determined location.

Mason said they are hopeful that Robinson's mother, sister and brother-in-law will be able to attend.

COUNSELLING

Halifax Regional School Board spokesman Doug Hadley said additional counsellors were on hand at Sir John. A MacDonald High School on Monday to help students.

He also said extra substitute teachers were on hand so regular staff could be available for anyone who needed it.

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STATISTICS

Violent crime rises in Halifax



Haley Ryan
Metro | Halifax

Overall crime in Halifax is down nine per cent, while violent crime has slightly risen, according to new statistics.

Halifax Regional Police and Halifax RCMP released their third-quarter crime stats after the Board of Police Commissioners' meeting on Monday.

Overall, crime is down more than nine per cent when comparing the third quarter of 2015 to the same period in 2014, from 6,098 offences to 5,528.

Violent crime is up four per cent, including one more homicide this year with three, compared to two in 2014.

There were also 52 assaults (695 up from 643 charges) and 16 more robberies (62 up from 46).

There were nine fewer attempted murders, and property crime is down over 13 per cent, with decreases in thefts under $5,000 and thefts over $5,000 (1,832 versus 2,073 last year).

97

There were 97 fewer possession of stolen goods cases this year, and frauds are down 107 incidents to 280.

IN BRIEF

Man facing murder charges gets December court date
A Cape Breton man charged with first-degree murder and attempted murder will be back in court in December.

Brandon James Berthiaume, 25, is charged in connection with the June 25 shooting of Brandon Kelly, 24, outside his home in Reserve Mines.

Berthiaume also allegedly fired shots at a second man. He is also charged with breaching a court order and with disobeying an order of the court. TC MEDIA

Bones found in lake, jury hears

REITA JORDAN CASE

Second-degree murder trial of Paul Calnen in second week



Zane Woodford
Metro | Halifax



Paul Trevor Calnen leaves Nova Scotia Supreme Court in Halifax last week. JEFF HARPER/METRO FILE

Police found bones in the lake where Paul Calnen told them he dumped Reita Jordan's ashes, the jury at his murder trial heard Monday.

Calnen, 52, is charged with second-degree murder for the 2013 killing of his girlfriend, Reita Jordan, 34. At the start of the trial last week, Calnen pleaded guilty to a charge of indecently interfering with human remains — in this case, burning them. Jordan's body was never recovered.

The nine women and five men on the jury heard testimony Monday from Sgt. Jason Withrow, one of the investigators in the case, who examined scenes at Calnen's home in Hammonds Plains, in Ingramport, in Upper Musquodoboit and at the Jordan family cottage in Sherbrooke.

He told the jury that a police dive team found bones in the lake near where Calnen told police he'd dumped Jordan's ashes.

Withrow couldn't say, however, whether those bones were human. Crown attorney Rick Woodburn said he'd be calling witnesses later in the week who could confirm exactly what kind of bones they were.

Along with Withrow, the Crown called two other police officers to the stand on Monday: RCMP forensic identification officers Cpl. Shawn Carson and Cpl. Martin McKenna.

Carson and McKenna photographed and examined the inside of Calnen's home, and burn sites behind his home and in Ingramport, where Calnen burned Jordan's belongings.

> **In order to get a conviction on second-degree murder, you need evidence of causation and intent, and I don't see anything in this that proves either of those.**
>
> Defence attorney Peter Planetta

The jury was shown a number of items found in Ingramport near a burn site, including a picture frame, a piece of burned fabric, a perfume bottle and a lipstick container — some of Jordan's personal belongings that Calnen told police he'd thrown into the woods after they didn't burn.

"All of this evidence relates to the actions to which he plead guilty," said Calnen's lawyer, Peter Planetta, during a break, referring to the charge of indecently interfering with human remains.

When asked what this evidence does for his case, Woodburn would only say, "It remains to be seen."

In Hammonds Plains, neither Carson nor McKenna found anything of evidentiary value after examining the home and carefully examining the staircase where Calnen said Jordan fell and died.

McKenna told the jury he also searched Calnen's truck after his arrest and seized a Garmin GPS and found half of a broken cellphone in the glove box.

The Crown will continue to present its evidence during the rest of the second week of five set aside for the trial.

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Power play by province

ENERGY

Electricity plan to help stabilize rates for most users: Samson

Power rates in Nova Scotia will likely rise incrementally in the future but there will be no wild price swings under a newly released electricity plan, says the province's energy minister.

Michel Samson announced the Liberal government's new 25-year-plan for the province's energy future Monday, saying it would help stabilize rates for residential and business users.

Under the plan, Nova Scotia Power will have until April 30 to set its rate for non-fuel costs for a stability period that will run from 2017 to 2019. The rate will be locked in over that period.

The utility will also have to file a plan dealing with the volatility of fuel costs.

Samson said electrical bills would likely still increase because it is impossible to predict the cost of coal and oil. However, he said the overall result will be more predictable costs for consumers.

"We do expect that Nova Scotia Power will be doing everything in its ability to be keeping those fuel purchases flat or at minimal increases during that period," said Samson.

The plan points out that coal costs have levelled off after a decade during which prices rose as much as 70 per cent.

It said that access to long-term renewable sources such as Muskrat Falls power from Labrador also serve to position the province for cost stability.

Nova Scotia Power would also have to meet performance standards set by the Utility and Review Board under the plan.

Samson said the standards would be based on best practices in other jurisdictions, adding that failure to meet them could mean penalties of up to $1 million a year.

"That million dollars will be paid by shareholders, not by ratepayers," he said.

Samson said the money from any penalty would be put towards Nova Scotia Power's fuel costs with the savings passed on to ratepayers.

The plan also commits $1.5 million over the next three years to support pilot projects and research related to electricity use.

New draft rules are being developed to open the retail market and allow smaller independent power producers to sell directly to customers. Those regulations are expected to take effect in 2016.

Progressive Conservative Leader Jaime Baillie panned the plan for power rates, calling it a shell game that doesn't go far enough to reel in costs.

He said what's needed is a rate freeze.

"When does stability stop meaning go up again?" said Baillie.

Samson said the government would introduce legislative amendments during the fall sitting of the legislature to support the changes.

THE CANADIAN PRESS

> **When does stability stop meaning go up again?**
> Progressive Conservative Leader Jamie Baillie, who panned the plan.



NSCC Research Scientist Alain Joseph, left, takes Energy Minister Michel Samson on a tour of the solar panels on the roof of the Waterfront Campus in Dartmouth after an energy announcement on Monday. JEFF HARPER/METRO

TIMING RIGHT FOR RATE STABILITY

'More work to be done'

Nova Scotia Power spokeswoman Sasha Irving said the utility would reveal whether it plans to ask for a general rate increase in 2016 during a news conference on Tuesday.

However, Irving said the timing is right to be looking at a period of rate stability.

"There is certainly more work to be done and we have to ensure we can manage our costs within the time frame that the plan outlines," said Irving.

DARTMOUTH

Break and enter results in charges

A Mill Lake man is facing charges after a break and enter in Dartmouth.

Just before 9 a.m. Monday, Halifax Regional Police responded to a break and enter in-progress in the 300 block of Main Street.

According to a release, the complainant said a man had just broken into a business and was running away outbound on Main Street.

The suspect was described as a white man wearing a black hoodie and jeans.

Officers arrived quickly and found the suspect, who they said was trying to hide behind a car in a nearby parking lot. He was arrested without incident and found in possession of stolen goods from the business. METRO

COURT DATE

Police said a 21-year-old man from Mill Lake is scheduled to appear in Dartmouth provincial court Tuesday to face charges of break and enter, mischief, theft under $5,000, possession under $5,000 and possession of cocaine.

THEFT

Man hit with pipe, robbed

Police are looking for two suspects after a man was attacked with a metal pipe on the Halifax Commons.

They say the man was walking through the park Sunday evening at approximately 7:40 when he was approached by two men who demanded his phone and other articles.

Investigators say the man handed over the items, but the bandits still whacked him with the pipe, inflicting minor injuries, before fleeing.

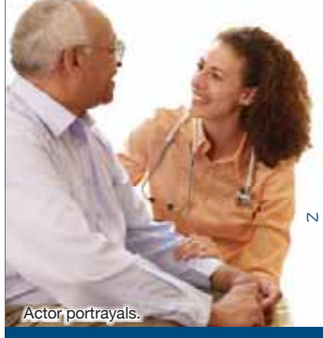
The victim did not visit the hospital after the incident.

Police say the assailants both wore black hoodies and one had his face partially covered.

Police are encouraging anyone with information about the event to call Crime Stoppers toll-free at 1-800-222-TIPS (8477). THE CANADIAN PRESS

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ARCHIVES

New exhibit features letters from WWI

A new exhibit is highlighting original letters from three Nova Scotians who fought in the war from 1914 to 1918.

The Nova Scotia Archives has launched the virtual exhibit called Letters Home: Correspondence from the First World War.

Communities, Culture and Heritage Minister Tony Ince says the letters were links to some of the many who did not return home from war.

He says it's fitting that the exhibit is available before people gather to pay tribute to veterans on Remembrance Day.

The exhibit includes letters from George Allen Fraser from Halifax, L. Howard Johnstone from Cape Breton and Daniel Morrison from Blues Mills. Fraser and Morrison returned from the war, while Johnstone died in battle.

In total, 30,000 Nova Scotians signed up for war between 1914 and 1918. Of the 30,000 who went, some 3,400 did not return — a casualty rate of 11 per cent.

THE CANADIAN PRESS

2008

The archives plans to continue the series on its website with new content each November until 2018.

‘Ozzy told me about you guys’

MUSIC

Judas Priest to play Halifax for first time this Thursday

Aly Thomson
For Metro | Halifax

When two heavy-metal gods like Ozzy Osbourne and Judas Priest’s Rob Halford get together, you’d expect their conversation to be about face-melting guitar solos or breaking the law.

But at a music festival in Los Angeles earlier this year, the pair had something else on their minds: Halifax.

Halford, who will play Halifax for the first time Tuesday night, said Ozzy wouldn’t shut up about the small coastal community.

“We’re so excited for the opportunity to come to a place like Halifax that has so many screaming heavy metal maniacs. Ozzy told me about you guys,” Halford said in a recent interview from his home in Phoenix, Ariz.

Halford, front man for Judas Priest, said the timing has never worked out for a Halifax gig over their expansive 45-year career. But the prayers of local Priest fans have finally been answered.

“We’re ready to rock ’n’ roll,” said Halford in a poised English accent.

“It’s exciting. It’s a combination of the fact that we’ve never been to your part of the world before and we know that there are so many Priest fans that have been waiting to see us play.”

The Grammy award-winning Judas Priest, who have sold more than 45 million records worldwide, are in the home stretch of a tour supporting their 17th studio album, Redeemer of Souls.

> **I can’t wait to see and hear all the metal maniacs from Nova Scotia.**
> Rob Halford, lead singer of Judas Priest

SEE THEM

Judas Priest plays Tuesday at 8 p.m. at the Scotiabank Centre. Tickets range from $35.50 to $101.25.

It’s their first endeavour with their new guitarist Richie Faulkner, and the album is one of their most successful to date.

Redeemer of Souls has earned the British band their first-ever top 10 album in the United States, proving that Halford and the gang are still vanguards of heavy metal.

They’ll rock the Scotiabank Centre on Tuesday night before heading to Toronto, the Netherlands, Germany and Switzerland.

And don’t be surprised if you see the leather-clad 64-year-old lead singer roaming the streets of Halifax before the show. Halford said he loves to explore the cities he visits.



Judas Priest is playing at the Scotiabank Centre in Halifax on Tuesday night. Lead singer Rob Halford says Ozzy Osborne raved to him about Halifax earlier this year. GETTY IMAGES

“I love to just get in the streets and just wander around and see what it’s like, so if you see me doing that, come say hello and take a selfie,” said Halford, known for his shaved head and wiry goatee.

Halford is more than happy to take a photo with a fan. He said he loves meeting and connecting with fans.

“(Fans) are a lifeblood. It’s a life source, a line that connects us through the decades,” said Halford.

“We’re grateful for the life our fans have given us.”

SCIENCE

Nobel winner nets second prize

Canada’s recent Nobel laureate Arthur McDonald has won another big science award: the Breakthrough Prize in Fundamental Physics.

The $3-million award will be shared equally among five experiments, including McDonald’s famous work at the Sudbury Neutrino Observatory.

McDonald, who was born in Sydney, won the Nobel Prize for the same work last month.

McDonald and his team discovered neutrino oscillations and that neutrinos change identities, thereby proving the tiny particles have mass.

The Breakthrough Prize for Fundamental Physics was founded by Russian physicist and entrepreneur Yuri Milner and recognizes profound contributions to human knowledge.



Arthur McDonald has been acknowledged for his famous work at the Sudbury Neutrino Observatory. THE CANADIAN PRESS

McDonald says he and his team worked very hard on the experiment, which was the result of a large and effective collaboration with many scientists from several universities. THE CANADIAN PRESS

IN BRIEF

RCMP brings several operations together

Several RCMP operations currently housed at separate locations are going to be brought together under one roof following completion of an expansion of the Bible Hill detachment.

The expansion is an $11.6-million, 1,200-metre project underway at the Bible Hill site.

“By expanding and upgrading our current detachment facility, the RCMP is making a long-term commitment to policing services in the Bible Hill area and Colchester County in general,” Staff Sgt. John Berry said.

While the Colchester RCMP’s regular officers and staff are housed in the primary detachment on Pictou Road, its Northern Traffic Services and Major Crime divisions are located in offices at the nearby Perennia Park. TC MEDIA

metro OBITUARIES

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WINTER IS COMING BUT NOT JUST YET A student is silhouetted by the bright sunshine, heading along a walkway at the NSCC Waterfront Campus on Monday. Temperatures were in the low teens Monday, and sunny and warm weather is also forecasted for Tuesday before rain moves in on Wednesday. JEFF HARPER/METRO

Lost hikers get rescued

CAPE SPLIT

Father, son went missing after leaving popular trail

A father and son were rescued on the weekend near the beach at Cape Split after getting lost.

Steve Best, search director for Valley Search and Rescue, said his organization was called out by the RCMP at 2 a.m. Saturday after the pair, aged 50 and 22, were reported missing.

Searchers with a dog team began looking for the two men at 3 a.m. and two hours later smelled their fire just above the beach at Amethyst Cove.

Best described the father and son as new to the province and unfamiliar with the area.

"The father recognized the tide line and found a safe spot up above it," he said. Best noted that the older male brought food, a lighter and a warm jacket.

Other than his decision to descend to the beach, the search director said, "Everything else was sensible. He was well prepared."

The pair left on their hike at 11 a.m. and "that was reasonable. Other than they took the path less travelled, they made good decisions."

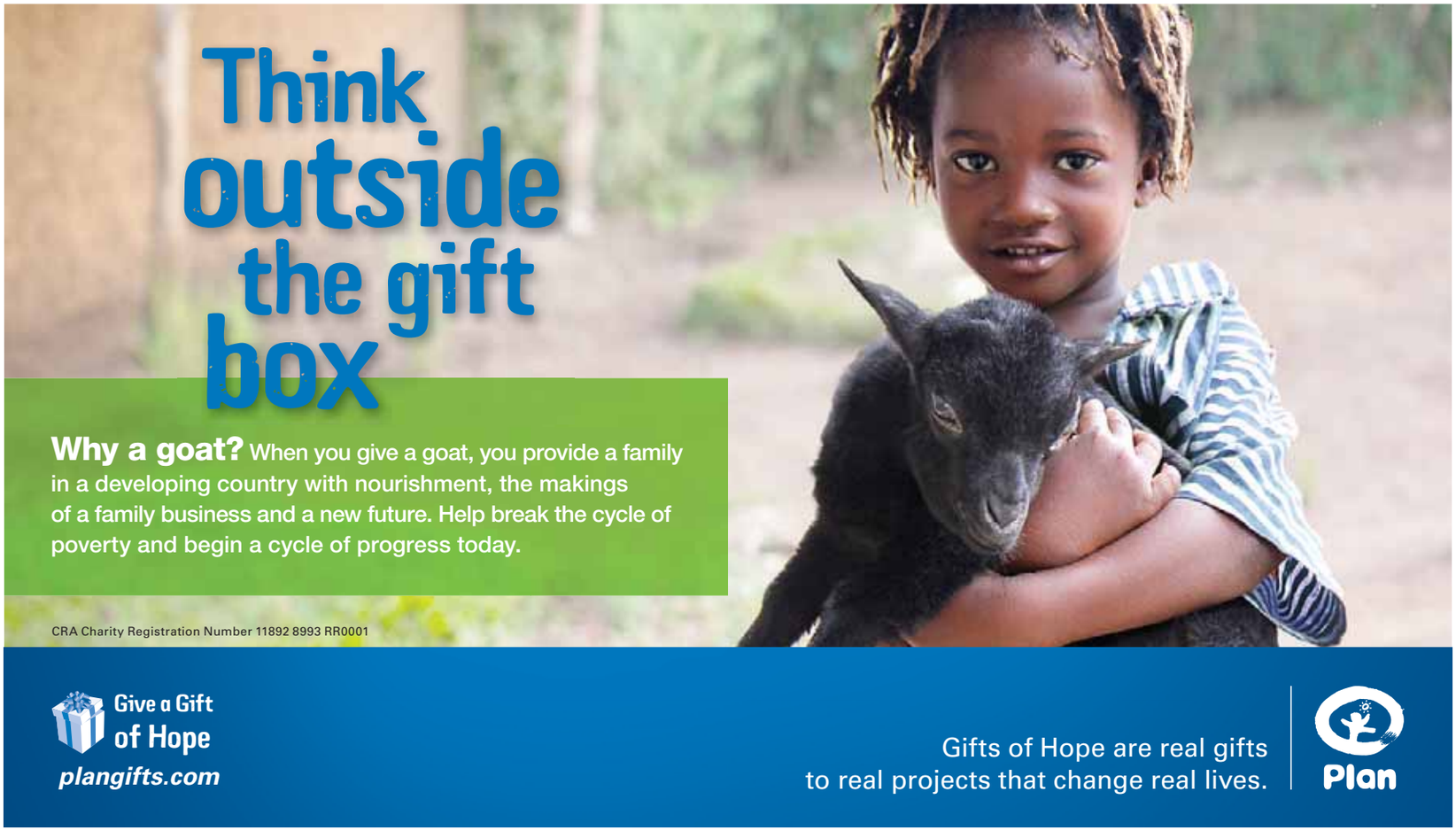
The man's wife waited until midnight to call police. Then their car had to be located, but an alert went out.

Two- to three-foot waves and fog meant that searchers were unable to use a boat or call in a helicopter.

According to Best, 20 of his searchers and 20 members of the Canning Fire Department, including volunteers from Annapolis and West Hants, turned out in the middle of the night.

TC MEDIA

"It was a success story."
Steve Best





An RCMP forensic investigator removes evidence from the scene of a shooting on Merrimac Drive in Cole Harbour last Thursday. JEFF HARPER/METRO

Police follow 'several' leads

COLE HARBOUR

Gunfire that wounded man not random, police say



Haley Ryan
Metro | Halifax

Police are following several leads in the hunt for the person responsible in a Cole Harbour shooting last week that left a man with serious injuries.

Around 9:25 a.m. last Thursday, Halifax RCMP responded to reports of shots fired at the corner of Merrimac Drive and Clermont Crescent.

They found a 22-year-old Dartmouth man shot through the driver-side window of a white car parked outside a residence. The suspect had already fled the scene.

"The investigation is ongoing and we're following up on a number of leads," RCMP spokesman Const. Mark Skinner said Monday.

Police said the victim's gunshot injuries were life-threatening, but Skinner said he had no update on the man's condition.

Any witnesses or those with information about the incident are asked to come forward, Skinner said.

A description of the suspect is unavailable.

CONNECTION

Shooter and victim may know each other

RCMP spokesman Const. Mark Skinner said police don't believe the incident is random as the shooter and victim are believed to know each other. METRO

COURT

Bail hearing date to be set in murder case

A North Sydney man charged with second-degree murder waived his right Monday to a bail hearing. Instead, Cody Alexander Russell, 21, of Robinson Lane will return to Supreme Court on Nov. 30 to set a date for a bail hearing.

He is charged in the Sept. 29 stabbing death of Stephen Tyler Chisholm, who was found in a Clifford Street home suffering from stab wounds. He later died in hospital. Russell was located in a King Street apartment and was also suffering from stab wounds. He was treated and released from hospital. TC MEDIA

CONFERENCE

Johnston answers students' questions

First Nations students from across Atlantic Canada got a chance to ask Gov. Gen. David Johnston questions on everything from education to fracking at Cape Breton University in Sydney on Monday.

Johnston appeared via Skype from Rideau Hall in Ottawa on the first day of a conference kicking off this year's In.Business program in Atlantic Canada. He gave a brief address to the 60 aboriginal students participating in the conference and then took their questions.

Representing 18 First Nation and Inuit communities across the region, and ranging in age from 15-18, the students posed a wide range of questions.

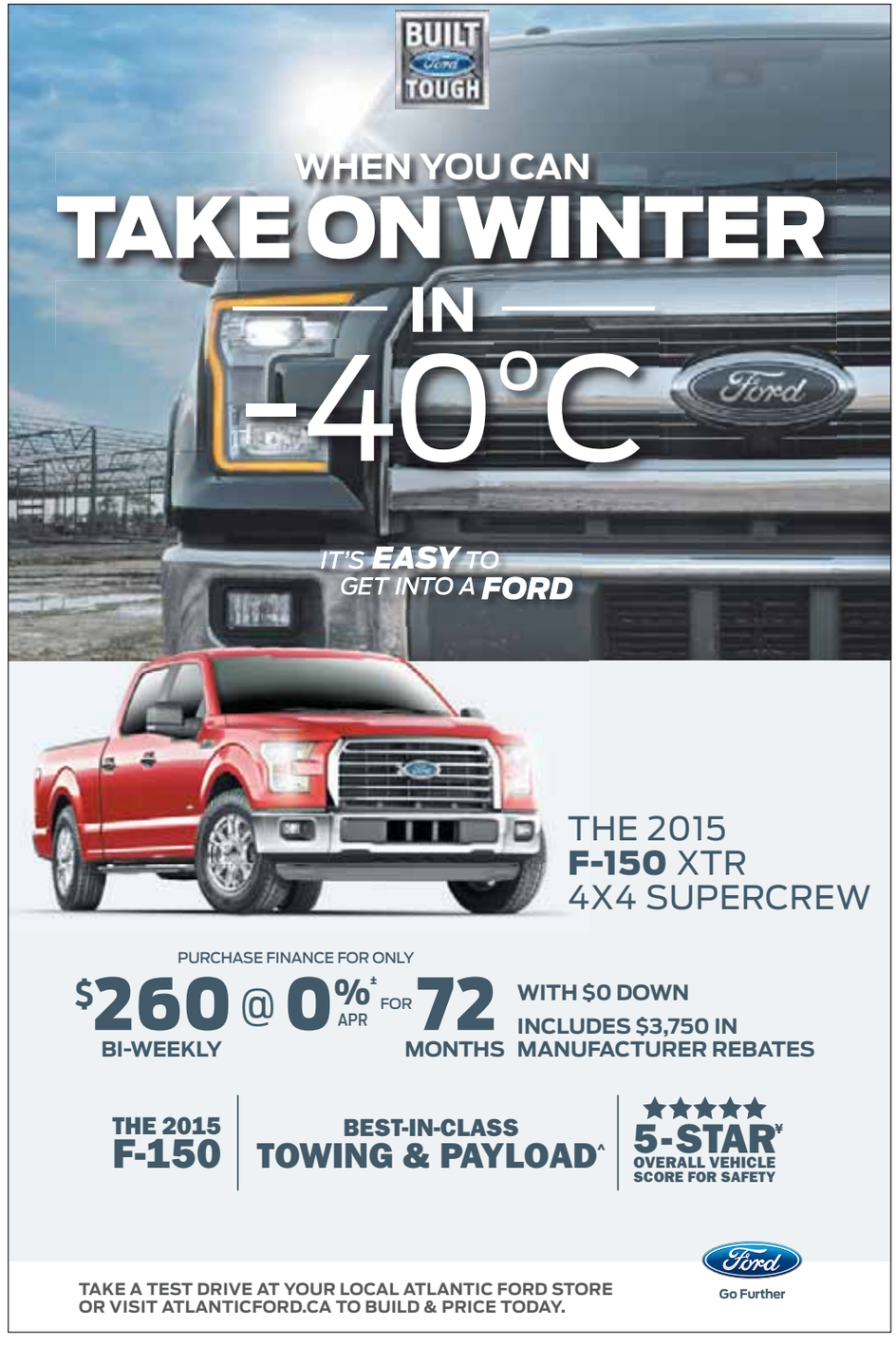
Nichelle Googoo, from Eskasoni, N.S., asked about the role of post-secondary education in the economic success of First Nations communities.

"I think education generally is very important, and not just for economic success but also for healthy communities," said Johnston, noting a high school diploma is key to accessing post-secondary education opportunities. "We really have to work hard to bring the high school graduation rates up generally across the country, but in particular in our First Nations community."

Jarrett Martin Noel, from the Eel River Bar First Nation in New Brunswick, brought up the much-debated fracking issue.

"How can we balance the need for economic development and the need to protect the environment?" he asked.

"My answer with respect to fracking is like any innovation — look at the evidence, bring the science together, ensure that you have a wide range of views represented and then make an appropriate decision," said Johnston. TC MEDIA



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A member of the Canadian Armed Forces pins his poppy to a cross during Remembrance Day ceremonies in Halifax at Grand Parade last year. JEFF HARPER/METRO

How to remember in Halifax

HOLIDAYS

Remembrance Day events taking place across the city

Thousands of residents will gather at multiple events around HRM on Wednesday for Remembrance Day. On Nov. 11, parades will march to ceremonies around the region, honouring those who died serving Canada in the armed forces as well as those still in uniform. Most start at 11 a.m. The parades will march back after the ceremonies wrap up, so there may be street closures as late as 12:30 p.m. in some areas.

There may also be smaller events not listed here.

- Parade and ceremony at Grand Parade's War Memorial, Argyle St., Halifax, 10:30 a.m.
- Parade and ceremony at Sullivan's Pond, Dartmouth, 10:30 a.m.
- Remembrance Day at the Army Museum in the Halifax Citadel. Admission is free, and there is a 21-gun salute at 11 a.m. The Army Museum is open 10 a.m. to 2 p.m.
- Remembrance Day ceremony at the Sailor's Memorial in Point Pleasant Park, Halifax, 11 a.m.
- Ceremony and parade at the Royal Canadian Legion Hall cenotaph on Sussex Street, Spryfield, 10:45 a.m.
- Parade and ceremony at the Sackville Heritage Park cenotaph on Memory Lane, Sackville, 10:45 a.m.
- The fifth annual Hammonds Plains Remembrance Day parade and ceremony, 10:30 a.m. in Uplands Park, Hammonds Plains.
- Parade and ceremony at the Royal Canadian Legion, Dieppe Branch No. 90, Rocky Lake Drive, Waverley, at 10:30 a.m.
- Remembrance Day Service of Choral Evensong at 5 p.m. in the King's College Chapel.

HALEY RYAN/METRO

WHAT'S OPEN AND CLOSED

Most businesses will be closed on Wednesday for the Remembrance Day holiday.

All grocery stores and Nova Scotia Liquor Corporation outlets are closed on Nov. 11, along with all malls.

Drug stores such as Lawtons and Shoppers Drug Mart are open on Wednesday, although some have limited hours. The Cold Beer Store in Dartmouth is open from 12 noon to midnight, and other independent liquor stores such as Propellor, Bishop's Cellar and Garrison are open their normal hours, while RockHead on Windsor Street is open 12 to 6 p.m.

On-street parking is free on Wednesday, while municipal recreation centres will be closed.

There is no municipal garbage collection on Wednesday. Curbside collection of garbage, organics or recyclables normally scheduled for Nov. 11 will occur instead on the following Saturday, Nov. 14. The Otter Lake Waste Management Facility, the Halifax Recycling Plant and municipal composting facilities will also be closed but will be open regular hours on Saturday.

Halifax Transit will operate on holiday hours, while veterans and military personnel, and accompanying family members, may travel for free on buses and ferries on Remembrance Day.

HALEY RYAN/METRO

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MONTREAL

McKenna gives OK to dump city sewage

Environment Minister Catherine McKenna has green-lighted Montreal's plan to discharge eight billion litres of untreated sewage into the St. Lawrence River if certain conditions are met.

McKenna told reporters from Paris today she's asking the city to implement several measures before dumping the waste water such as monitoring the discharge and to improve emergency-planning clean-up measures.

She says the discharge can begin as soon as the conditions are met and must be completed by Dec. 5.

Montreal Mayor Denis Coderre has said the dump is necessary because the city must temporarily close a large sewer that feeds sewage to a treatment facility and alternative solutions would be too costly.

In mid-October, the discharge plan was suspended by the previous Conservative government, which appointed an independent panel of experts to determine if the waste water would be acutely toxic.

The panel's report was released Friday and stated the risks of waiting were greater than the city's plan to dump the sewage immediately into the river. THE CANADIAN PRESS

PARIS SUMMIT

Catherine McKenna is in Paris meeting with fellow ministers from around the world.

They're looking for common ground on key issues to set the stage for the climate summit that begins in the French capital on Nov. 30.

MIGRATION

Air Canada offers to help Syrian refugees

Plans to resettle 25,000 Syrian refugees by year's end could involve assistance from commercial air carriers, at least one of which has already offered space on its planes to the Liberal government.

Air Canada reached out to the new government following the election, offering its services to help ferry people to Canada as they flee the ongoing civil war and other unrest in Syria.

Though the airline can't fly directly into Syria itself, it could land planes in Istanbul as well as Beirut; an estimated 1 million people in Lebanon have registered with the United Nations as refugees from the conflict.

> **Every option is on the table.**
> Immigration Minister John McCallum on moving refugees safely and quickly

"Air Canada has offered to co-operate with the federal government to the fullest extent possible in any operation to transport Syrian refugees," spokesman Peter Fitzpatrick said in an email. "At this point, however, we have only exchanged preliminary information." THE CANADIAN PRESS

IN BRIEF

Liberals jump at chance to grab some quick cash

What do you do when a newly elected prime minister's quip grabs international attention? Put it on a T-shirt and make some money out of it, of course.

The Liberals are doing just that with Justin Trudeau's "Because it's 2015" comment in reference to choosing a gender-balanced cabinet. The shirts, emblazoned with the words "50/50: Because it's 2015 – PMJT" are being offered to supporters who donate a minimum of $100 to the Liberal Party within the next two days. METRO

Stephen Harper accepts ride to Calgary in VIP jet

He pulled up for the first meeting of the Opposition Conservative caucus in a basic minivan, but Stephen Harper flew home in style.

The Canadian Press has learned that thanks to an offer by Prime Minister Justin Trudeau, Harper returned to Calgary last week aboard a government-owned VIP Challenger jet. Previous Liberal governments' use of the luxury planes was among the things Harper used to needle them about when he was Opposition leader. THE CANADIAN PRESS



A woman photographs thousands of Canadian flags placed in honour of Remembrance Day in Toronto on Monday. A Historica Canada poll has found that more than 77 per cent of respondents say they will observe two minutes of silence at 11 a.m. on Nov. 11. NATHAN DENETTE/THE CANADIAN PRESS

Poll shows split opinion on younger generation

REMEMBRANCE DAY

Demographic regarded as less appreciative of war veterans

Canadians overwhelmingly find Remembrance Day as relevant today as when it began nearly a century ago but are split on whether younger generations properly appreciate and honour the country's veterans, according to a new survey released days before the ceremony.

The poll commissioned by Historica Canada found that 82 per cent of Canadians believe the annual tribute is as important now as it was shortly after the First World War.

Only slightly more than half (54 per cent), however, feel today's youth "do a good job" of honouring veterans, and slightly fewer than half (46 per cent) think young people understand the sacrifices of those who have died in conflict.

Even those under 35 are torn, with only 54 per cent saying young people recognize veterans' sacrifices — in itself a sign of engagement, Historica Canada's president said.

"When the answer among youth themselves is split as to whether they sufficiently care or not, if you're saying, 'Yeah, I don't actually know if I care as much as I should,' in effect you're really saying, 'I do care because I've taken the trouble to think about that,'" Anthony Wilson-Smith said.

Overall, the importance Canadians attribute to the Nov. 11 commemoration has risen slightly in the decade that Historica Canada has been polling on the topic, Wilson-Smith said.

Support for making Remembrance Day a national holiday has remained steady since 2012 at 85 per cent. While it is currently a federal statutory holiday, only six provinces deem it a day off. THE CANADIAN PRESS

79%

The percentage of respondents who said they will wear the traditional poppy to mark Remembrance Day.

91%

The percentage of respondents who believe Canada should do more to honour its veterans.

RBC

Youth optimism on steady decline: Survey



Jessica Smith Cross
Metro | Toronto

Right around the time teens hit adulthood, their outlook on their future becomes considerably less rosy, a major Canadian bank has found in a new survey.

RBC commissioned an in-depth survey on the optimism of youth, released Tuesday, that found the numbers of 18- to 21-year-olds who say they're happy, have a positive outlook on life and are excited about their future are 15 to 25 per cent lower than teens aged 14 to 17.

Lauren Friese, founder of TalentEgg, a service that connects youth with jobs, collaborated with RBC on the survey.

The survey indicates that the optimism of youth falls off significantly when those youth — told all their lives to follow their passion in their careers — discover that might not be easy or even possible, she said.

"There's a big group of people in school today being told it's important to find meaning in their work and follow their passion. It's putting all these expectations on them, but every story in the media and every statistic tells them, 'It's going to be hard for you; it's going to be harder than previous generations for you,'" she said. "When you get to the workplace, expectations and realities are not in line."

Friese's advice is to help young people try out different career paths in internships and extracurricular activities until they discover what both makes them happy and is feasible.

HAPPINESS

Adulthood vs. adolescence

The Ipsos Reid survey, commissioned by RBC, showed declines in the percentages of 18- to 21-year-olds who said they were happy, compared to 14- to 17-year-olds. Happiness was down 26 points for males (to 59 per cent) and down 16 points for females (to 66 per cent).

2015 RBC YOUTH OPTIMISM STUDY

IN BRIEF

Police officer opens fire at compound, kills five

A Jordanian police officer opened fire Monday at a regional police training centre in the Jordanian capital of Amman, killing two Americans, two Jordanians and a South African before being shot dead, the Jordanian government spokesman said. The attack also wounded seven people. The spokesman said authorities are investigating whether the attacker's motive was personal or political.
THE ASSOCIATED PRESS

Dozens electrocuted in Iraqi floods

Sixty-nine people have died across Iraq over the past two weeks, due to a combination of the country's dilapidated electrical grid and heavy rains that overwhelmed sewer systems, the Iraqi Ministry of Health said. Many died in their homes as they waded through flooded first-floor rooms. Others were electrocuted in the city streets where electrical lines are haphazard and jerry-rigged, connecting homes to the municipal grid and a network of generators.
THE ASSOCIATED PRESS

Obama and Netanyahu meet to talk peace

U.S. President Barack Obama and Israeli Prime Minister Benjamin Netanyahu reaffirmed their commitment to seeking elusive Middle East peace on Monday at the White House, though prospects for an agreement between Israelis and Palestinians appear ever further out of reach. Israel has accused Palestinian political and religious leaders of inciting violence, while Palestinians say it's due to a lack of hope for gaining independence after years of failed peace efforts. THE ASSOCIATED PRESS

Conference focuses on threat posed by jihadists

Islamic extremists are expanding their reach in West Africa, using porous borders and exploiting political chaos to further their attacks, security experts said Monday at the opening of a conference in Dakar, Senegal, on the jihadist threat. Hundreds of security officials from Africa, the U.S. and the United Nations are taking part in the conference to develop strategies for a response to the attacks that have mounted this year far beyond Boko Haram's base in Nigeria.
THE ASSOCIATED PRESS



SeaWorld to end killer-whale shows

A young girl watches a killer whale in a display tank at SeaWorld in San Diego, Calif. The Florida-based company has seen revenue sink since the release of the documentary Blackfish in 2013. THE ASSOCIATED PRESS FILE

UNITED STATES

San Diego park to focus on orcas in their natural setting

SeaWorld will end its orca shows at its San Diego, Calif., park by 2017, its top executive said Monday, saying customers at the location have made it clear they prefer killer whales acting more naturally rather than doing tricks.

CEO Joel Manby told investors that the park — where the iconic shows of killer whales doing flips and other stunts debuted decades ago — will offer a different kind of orca experience focusing on the animal's natural setting and its behaviours, starting in 2017.

Animal-rights activists called the move a marketing gimmick and want the company to phase out holding whales in captivity at all.

The Orlando, Fla.-based company has seen revenue drop since the 2013 release of the documentary Blackfish, which examined how orcas respond to captivity, particularly in the case of Tilikum, a killer whale that caused trainer Dawn Brancheau's 2010 death by pulling her into a pool at SeaWorld Orlando.

Attendance has dropped the most at its San Diego location, and the decision to end such shows would be limited for now to that park, the original home of Shamu. Shows at its other parks, including in San Antonio and Orlando, will continue.

"The theatrical production of the show in that market is what they wanted to see less of," Manby said of San Diego's customers. "But it's not universal across our properties."

Manby told investors that the new killer-whale attraction will "have a strong conservation message."

"They want the orca experience to be activities the whales do in the wild," Manby said of California customers. "Things they perceive as tricks, they don't like as well."

People for the Ethical Treatment of Animals (PETA) said the move does not go far enough.

"It's captivity that denies these far-ranging orcas everything that is natural and important to them," PETA's Jared Goodman said.
THE ASSOCIATED PRESS

> **This move is like no longer whipping lions in a circus act but keeping them locked inside cages for life.**
> Jared Goodman of PETA

MYANMAR

We win: Suu Kyi's party

The party of opposition leader Aung San Suu Kyi claimed victory Monday in virtually every seat in four states where results of Myanmar's historic parliamentary election were known, signalling a sweep that could give it the presidency and further loosen the military's stranglehold.

The announcement at the headquarters of the National League for Democracy (NLD) in Yangon set off a new round of jubilation among the party's red-shirted supporters, who already had been celebrating the result of Sunday's vote.

The NLD said it had won 44 of the 45 lower-house seats and all 12 of the upper-house seats from the party stronghold of Yangon, Myanmar's biggest city. It also won all 38 seats in Ayeyarwaddy state, all but one of the 40 in Bago and 11 out of 19 lower-house seats and all 10 upper-house seats in Mon state. The trend was expected to continue in Myanmar's remaining 10 states.

Even without official results, it was clear the Union Solidarity Development Party was facing a rout. The party is made up of former junta members who ruled the country for 50 years and as a quasi-civilian government since 2011. Many of its leaders conceded defeats in their races. THE ASSOCIATED PRESS



Leader Aung San Suu Kyi.
THE ASSOCIATED PRESS

GREECE-MACEDONIA

Charities set up play centre on border for young refugees

As thousands of refugees wait long hours to cross the Greece-Macedonia border to head to more prosperous northern European countries, respite is on offer for the youngest.

Charities have set up a children's play centre, which opened about 10 days ago and is operational 24 hours a day, in the Idomeni camp, where children can watch cartoons or draw while their parents wait for their family's turn to cross the border.

"We try to occupy the children, care for infants and also identify unaccompanied minors so efforts can begin to reunite them with their families," said Alexis Vrahnos, local co-ordinator of the Arsis charity that set up the play centre in co-operation with Save the Children and Terre Des Hommes.

The play centre is staffed round the clock by a psychologist, a teacher, two interpreters and a nurse. THE ASSOCIATED PRESS



A Syrian girl draws at a refugee camp near Idomeni, Greece, on Monday.
THE ASSOCIATED PRESS

EGYPT

Tourists flee amid security concerns

Thousands of Russian vacationers were heading home from Egypt on Monday aboard special planes sent by Moscow, which has suspended all flights to Egypt amid security concerns in the aftermath of the Oct. 31 plane crash of a Russian airliner that killed all 224 people on board.

Other airliners from Britain and Western Europe also are arriving to bring their nationals home, after several countries and airlines last week suspended new flights to Egypt because of the security concerns as suspicions focused on the possibility that a bomb caused the Metrojet crash.

U.S. and British officials have cited intelligence reports as indicating that the Oct. 31 flight from the Sinai resort town of Sharm el-Sheikh to St. Petersburg was brought down by a bomb on board. Most of the 224 people on board were Russian tourists.
THE ASSOCIATED PRESS

Shell launches Alberta carbon capture project

CLIMATE CHANGE

Technology key to ensure oilsands stays in game: CEO



The Quest carbon capture and storage facility in Fort Saskatchewan, Alta, is designed to capture and store more than a million tonnes of CO2 each year. JASON FRANSON/THE CANADIAN PRESS

Ben van Beurden would be the first to admit carbon capture and storage (CCS) is not the most alluring technology to look at.

But the CEO of European energy giant Royal Dutch Shell Plc wants CCS — unsexy though it may be in the public's eye — to come as readily to mind when thinking about combating climate change as windmills would.

Van Beurden was among the dignitaries to crank a big yellow valve at Shell's oil processing complex in Fort Saskatchewan northeast of Edmonton last week, officially opening its $1.35-billion Quest project — helped by $745 million from the Alberta government and $120 million from Ottawa.

Quest — a dizzying labyrinth of tubes and pipes — is attached to Shell's Scotford upgrader, where oilsands bitumen from its mine some 500 kilometres north is transformed into refinery-ready crude.

The aim of the project is to capture a million tonnes of carbon dioxide annually that would otherwise escape — about a third of the upgrader's total emissions — and store it more than two kilometres underground.

As Shell sees it, CCS is crucial in ensuring the oilsands remain competitive in an increasingly climate-conscious world. Van Beurden said renewables have their place, but given the globe's population-growth trajectory in the coming decades, phasing out fossil fuels entirely is not realistic.

That's where CCS comes in, he said.

THE CANADIAN PRESS

ECONOMY

Canada's growth to slow: Think-tank

Canada's economic growth this year will slow to 1.2 per cent — about half of what it was last year — before gaining strength in the next two years, says a report released Monday by the Organization for Economic Co-operation and Development.

The Paris-based economic think-tank estimates Canada's gross domestic product, which grew by 2.4 per cent in 2014, won't get back to that level for at least two more years.

It's estimating Canada's 2016 economic growth at 2.0 per cent and 2.3 per cent for 2017.

The figures follow a pattern laid out by the Bank of Canada last month, with some variations. Canada's central bank said on Oct. 21 that its 2015 GDP estimate remained at 1.1 per cent, while it lowered the 2016 and 2017 estimates to 2.0 per cent and 2.5 per cent, respectively.

By comparison, the OECD estimates the United States will grow 2.4 per cent this year, 2.5 per cent in 2016 and 2.4 per cent in 2017 — outpacing most other G7 countries by a wide margin each year.

THE CANADIAN PRESS

market minute

DOLLAR 75.33¢ (+0.12¢)

TSX 13,482.62 (-70.68)

OIL $43.87 US (-42¢)

GOLD $1,088.10 US (+40¢)

NATURAL GAS: $2.300 US (-7.1¢)
DOW JONES: 17,730.48 (-179.85)

IN BRIEF

Match.com going public
The owner of Tinder, Match.com and OkCupid hopes to raise $466.2 million US in an initial public offering. Match Group Inc. disclosed Monday that it will price its IPO of about 33.3 million shares between $12 US and $14 US per share.

THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news
Tuesday, November 10, 2015

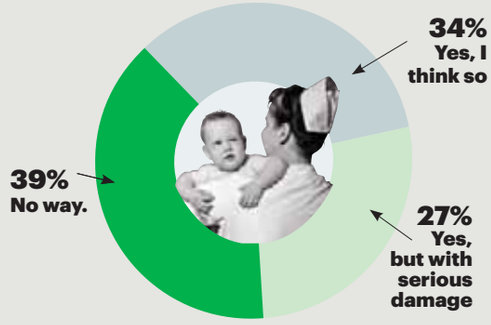
Metro POLL

Are you a medical miracle?

Visit metronews.ca every Friday to have your say.

Scientists in Nottingham, England have made a jaw-dropping discovery in an 1,100-year-old book: A recipe for a powerful antibiotic. The medieval brew, which researchers found to be effective in the lab against drug-resistant staph bacteria, was labelled "best medicine," in Old English and calls for onions, garlic, wine and bile from a bovine stomach, left to stew in a warm place for nine days. This miraculous outlier notwithstanding, most folk medicines, herbal remedies and home cures haven't been rigorously tested — but many people choose to use them anyways. We asked our readers: How important have antibiotics been in your life? And do you call the doctor right away when you're under the weather, or do you try your hand at brewing your own "best medicine" at home?

1 Would you be alive today if not for antibiotics? (Note: Before effective antibiotics, many common bacterial infections had mortality rates of 10-30 per cent).



2 What do you do when you catch a cold, flu or bug?



3 Which home remedies do you rely on?

19% Rest and plenty of fluids
15% Tea with honey and lemon (for sore throat/cold/flu)
14% Salt-water gargle (for sore throat)
11% Ginger (for upset stomach)
10% Steam (for congestion)
7% Herbal remedies
6% Massage/meditation
6% Essential oils
5% Homeopathy/naturopathy
2% Prayer
5% Other

Homemade hot lemonade: fresh lemons, corn syrup, water.

Zero. Science, please!

Proper nutrition. Food is the most underused medication.

METRO READERS

Better data might just get our buses moving

YOUR RIDE
Erica Butler



If you peruse social media for transit stories, you are going to read about a lot of late buses. These experiences stick with us, because they mess with our lives: They make us late to work, late to school, late to pick up our kids or late to meet our friends.

Real-time bus data will be great for those of us with smartphones, but the biggest value will come from actual data showing exactly which routes run late and where buses are held up.

But are late buses really as pervasive as we think they are? And if they are, where exactly are the hold-ups happening?

We have some numbers. In 2013, callers left 1,102 complaints of late or early buses with 311 operators. But that number doesn't really quantify the problem.

First of all, not everyone calls every time a bus is late. Secondly, even when we do call, if the bus is less than 10 minutes late or we don't specify we are making a complaint, it won't get recorded as one.

Social media posts and 311 calls are poor measures of transit performance.

What we need is an objective picture of how off-schedule our buses are, preferably from someone who hasn't stood in the rain for 20 minutes in escalating frustration.

That's where GPS comes in. The same technology that can help you navigate almost any city in the world with a smartphone is helping transit systems measure and improve their service.

Halifax Transit has had an Automatic Vehicle Location system in place since 2006, but unfortunately it produces "somewhat unreliable" schedule-adherence data, according to city spokesperson Tiffany Chase.

But fear not, a new system is on its way, currently in "mini-fleet testing."

By summer, the new system will be operational on all buses, and we can expect "much improved data collection, reporting and functionality in terms of real-time bus arrival information for the public," explains Chase.

I can hardly wait. The real-time bus data will be a great tool for those of us with smartphones, but the biggest value will come from actual data showing exactly which routes run late, and where buses are being held up.

Maybe then we can actually work to make our routes more efficient, by installing extra lanes and transit signals, or even taking different routes as needed.

Right now, our system sure feels like it's off-schedule more than it's on. But by this time next year, we will have evidence showing exactly where and how much it's off.

Then we can ask our planners and decision makers to actually fix the problems at the root of our frustrations.

Erica Butler lives in Halifax and uses transit, a car and a bicycle to get around the city. You can follow her on Twitter at @HabitatRadio.



ROSEMARY WESTWOOD

metroview

A nice, well-done, meaningful funeral is tremendously healing

"I often go out of respect," my mum says.

I've just called her on Skype, after going to the funeral of my boss's dad, a man I didn't know. My parents go to acquaintances' funerals a lot, seemingly out of a sense of community, so maybe I get it from them. But not too many other colleagues were there, and it made me wonder about that — about why we go, or don't go, to funerals.

I tell her the respect thing makes sense to me.

"It's so easy not to take the time, to say, 'Oh, my day's too busy, I don't want to do that. Oh, I've got to change out of my stinky dog-walking clothes,'" mum says. "It's taking the time. And I think that it's a recognition of God, really. He created us. Everything comes from Him. I want to be able to go, and show appreciation."

Life is just one step on the way to your eternal home, she says. "So I think it's very positive to acknowledge their work on earth is done. How wonderful is that?"

"It's just sad for the family and friends that are left behind," she adds, then she drifts out of the Skype screen. "Hold on, I'm just giving the Steller's jays some nuts."

Every time I go to a funeral, I leave feeling like I've been directed towards things that matter again.

When she's back, I tell her funerals often make me feel good, in an odd way.

"A really nice, well-done, meaningful service is tremendously healing," she says. "Yes, you're sad that person is gone, but you leave with a sense of hope."

"Every time I go to a funeral, I leave feeling like I've been directed towards the things that matter again," I say.

"Mmm hmm."

"I originally said to someone that I feel like they're uplifting, and I think stand by that," I tell her, "because, funerals are always so full of love, I guess. People appreciating each other."

"Yes. And often time you're standing or sitting beside someone, you have no idea who they are, but you're there for the same reason. It's like going to the cenotaph, remembering and respecting the person's memory."

"Even if it wasn't someone you don't know. I didn't know my boss's dad."

Mum drifts away again, this time to let in the dog.

"It helps you centre your own life, your own mortality," she says when she reappears. "You never know — we're supposed to be joyful, we're supposed to be having fun — you never know when it's going to..."

"... to end."

"Mmm hmm."

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Billy Idol will be dancing with himself in Vegas during a spring residency

New insights into pedophilia

DOCUMENTARY

Czech film explores the role attitudes can play in treatment

Devon Scoble
For Metro | Canada

The phrase 'virtuous pedophile' may seem like an oxymoron, but it's the self-identifying term chosen by a group of men who have committed to never — ever — act on their sexual attraction to children.

According to Dr. James Cantor, senior scientist at Toronto's Centre for Addiction and Mental Health (CAMH) and associate professor of psychiatry at the University of Toronto, pedophilia is like a sexual orientation, inborn and immutable.

"One lesson is the distinction between child molesters, who are criminals that we have to deal with, and pedophiles who are just kind of born — through no fault of their own — with an attraction to children," says Cantor.

The film Daniel's World, which premieres in Canada this month, offers more insight from the perspective of the chaste pedophile. The documentary follows Daniel as he meets his sexologist and fellow pedophiles, seeking to understand and suppress his desires.

For Daniel, a young Czech writer grappling with his sexual identity, living an ethical life means forgoing erotic fulfilment and all hope of finding a suitable life partner.

"The most dangerous things are stereotypes," director Veronika Liskova tells Metro via Skype from the Jihlava International Documentary Film Festival. "I believe that if we know more about the real dangers, then our children can live their lives and we can better protect them."

For Cantor, that means Canada should follow Germany's lead and abolish therapists' mandatory reporting requirements so pedophiles can seek treatment without punishment.

"The only logical thing to do is to help these people live and work in society in a productive way. After 30 years of trying, writing them off as evil hasn't helped. If anything, it's made things worse," he says.

"Now instead of having pedophiles out in society and receiving whatever they need to take the edge off the problem and lead a law-abiding life — psychotherapy, sex drive medication, whatever it is — we have these pedophiles out in society completely unknown and completely unsupervised by anybody. It's absolutely ridiculous."

ANOTHER PERSPECTIVE

Story makes abuse survivor 'nervous'
Glori Meldrum is a sexual abuse survivor, and the founder of Little Warriors, a national charity committed to preventing and treating childhood sexual abuse.

"Everybody deserves to tell their story," she says, "but it also makes me a bit nervous. It's not like people monitor their every action — you can't prove they're not doing anything to kids. This film is like, 'He's got to live with all this stuff.' The other piece is people like me and the kids that we treat — you should see what we're living with."

DEVON SCOBLE/FOR METRO

Writing (pedophiles) off as evil hasn't helped. If anything, it's made things worse.
Dr. James Cantor, Toronto's Centre for Addiction and Mental Health (CAMH)



Daniel, left, and a fellow "chaste pedophile" in a scene from the Czech film Daniel's World. CONTRIBUTED



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Rose Reisman EAT THIS

You know you're going to eat fast, so next time choose this not that

THIS WEEK: Extreme Pita

Pitas are a fast food fave, with this traditional Mediterranean and Middle Eastern dish found in food courts just as often as burgers and subs. One assumes that it's always a healthier alternative, as we're loading them up with an endless mixture of veggies, protein and zesty sauces. Extreme Pita is a popular choice, and while there are many ways to keep your pita healthy and tasty, not all of these combinations are so nutritious!

PICK THIS



Thai Chicken Pita (regular)

Ingredients
Asian slaw, mushroom, red onion, romaine lettuce & Sweet Chili Thai sauce

Calories 410
Fat 5g
Saturated fats 3g
Sodium 1266mg

SKIP THIS



Chicken Shawarma Pita (regular)

Ingredients
Tomatoes, pickles, tabouleh, hummus & garlic sauce

Calories 544
Fat 25g
Saturated fats 4g
Sodium 1611 mg

HERE'S WHY



As much fat as four quarter chickens from Swiss Chalet (skinless, white meat).

Shawarma traditionally consists of marinated strips of chicken, usually the thigh, that when shaved are doused with the fat from the meat. The meat is also heavily seasoned, which leads to high sodium levels. If that wasn't indulgent enough, slather your shawarma with hummus and oily garlic sauce and you've got as much fat as four quarter chickens from Swiss Chalet. Instead choose the Thai Chicken Pita, which is a 1/5 of the fat, with its lower fat dressing and array of veggies.

HEALTH

Diabetes test runs on saliva smartphone



Researchers say a new diabetes test, which is not yet on the market, would be as easy to use as a pregnancy test. AFP

A few days ahead of World Diabetes Day (on Nov. 14), information has been revealed about a new device, currently in the development phase, which could improve early detection of the condition, particularly in disadvantaged communities.

This new device, which has been developed by a multidisciplinary team from the U.S. and Mexico, has been primarily designed to improve early detection in people on low incomes who do not always have access to health care. Scientists at Tec de Monterrey in Mexico, in partnership with colleagues at the University of Houston, say they have developed a device that is able to detect Type 2 diabetes in saliva (or another biological marker).

Avoiding the use of needles, this micro-cartridge that is adaptable to a smartphone tells the user whether they have type 2 diabetes in just a few seconds.

The result is positive if a compound present in saliva reacts by becoming fluorescent.

This is made possible by an enzymatic reaction and a technological process adapted to biochemistry.

"We wanted a device which could identify a biomarker in a sample of saliva, and it had to emit fluorescent light so that a phone camera could record it," explained the project coordinator, Dr Marco Antonio Rite Palomares.

The device, which has proven to be "as simple as a pregnancy test," is primarily intended for low-income groups and is planned to be available within two years.

The team has completed the development phase, and hopes to soon move into mass production if the device is of interest to manufacturers.

Type 2 diabetes is a disorder which is characterized by difficulty in assimilating, using and storing sugar from food.

It affected 9 per cent of adults worldwide in 2014 and led to 1.5 million deaths in 2012 according to the World Health Organization. Over 80 per cent of these deaths occurred in low- and middle-income countries. AFP

Dior
Domestic Medium Hair



Two-year-old Dior has an elegant name and appearance. This lovely girl was given up by an owner who could no longer care for her. This is a difficult situation for a cat, but Dior's sweet personality indicates she is adapting well. She expresses her delight with a visitor's presence by purring loudly and kneading enthusiastically, especially when you rub her forehead and cheeks. Pretty Dior is a charming cat who will make it worth your while to meet her. **She is patiently awaiting her new forever home … could it be yours?**

For more information on **Dior** and other adoptable furry friends, visit **www.spcans.ca/dartmouthshelter** or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or dartmouth@spcans.ca

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PUBLIC TRANSIT

Train, bus may be healthiest, study says



Japan's transit commuters are healthier than people who walk to work, a study says. ISTOCK

It turns out Justin Trudeau was ahead of the curve when he took the bus to his swearing-in earlier this month. Taking the bus or train to work may be healthier than walking, according to a new study published Sunday by the American Heart Association.

"Bus/train commuters had even lower rates of diabetes, high blood pressure and overweight than the walkers or bikers," according to the findings, which were presented at the AHA's Scientific Sessions 2015 meeting this weekend.

The study, which was conducted in Japan, found that compared to drivers, public transport riders were 44 per cent less likely to be overweight, 27 per cent less likely to have high blood pressure and 34 per cent less likely to have diabetes. In a counterintuitive result, improved health was also seen in comparison with walkers and bikers, researchers said. They suggested that one explanation could be that commuters actually walked farther to and from the train or bus station than people who biked or walked to and from work.

"If it takes longer than 20 minutes one way to commute by walking or cycling, many people seem to take public transportation or a car in urban areas of Japan," said study author Hisako Tsuji, director of the Moriguchi City Health Examination Center in Osaka, Japan. AFP

HEALTH BRIEFS



AFP

Early dog exposure may lower asthma risk, Swedish researchers say

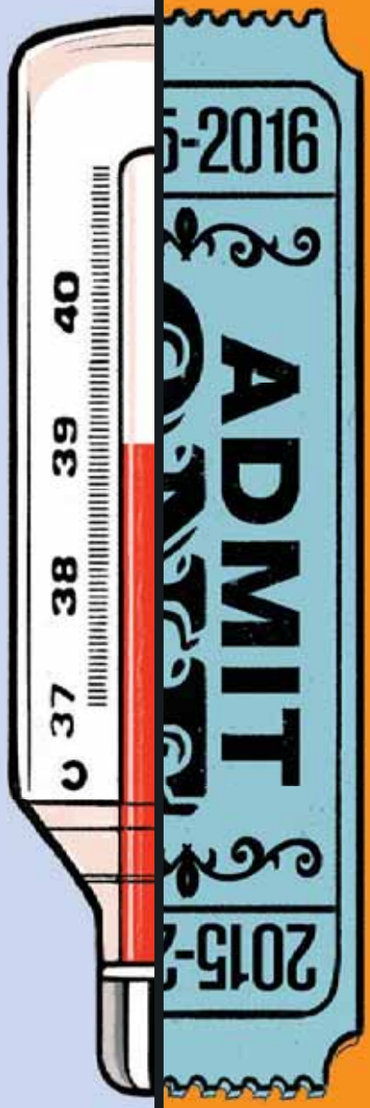
Swedish researchers have looked at data on more than one million Swedish children and found that those who grew up with dogs had a 15 per cent lower risk of asthma.

Building on research that shows a child's risk of asthma drops by half if he or she grows up on a farm, the new study confirmed the "farming effect" and also found that growing up with dogs could be enough to make a difference.

The size of the data set allowed the researchers to account for factors such as area of residence or asthma in parents. AFP

DON'T MISS OUT.

GET YOUR FLU SHOT.



Vaccination is the #1 most effective way to reduce your risk of severe flu this year. Keep up with your plans this flu season.

Walk in to your local Shoppers and get your flu shot.

SHOPPERS DRUG MART

4 ADVENT CALENDARS FOR THE DECEMBER COUNTDOWN

Ah, the advent calendar. This Christian tradition for counting down the days until Christmas is now more of a secular pursuit, aimed to increase the anticipation for Dec. 25. And it's moved beyond flimsy cutout doors revealing cardboard tasting chocolates. This year's lineup of treats gets a little more sophisticated — from short stories to high-end whisky. TORSTAR NEWS SERVICE/METRO



1 The Whisky Advent Calendar

What better way to get ready for multiple familial engagements than by taking a daily shot of whisky? As you count down to Dec. 25, you'll encounter a rare 50-year-old Scotch, an award-winning Japanese whisky and the World's Best Blended Whisky. Some of these samples are worth over $700 a bottle! **Price:** $250. **Available at:** masterofmalt.com



2 David's Tea 24 Days of Tea

If curling up with a cup of tea is the ideal winter activity, this will warm the heart. Each of the 24 drawers features a tin of David's Tea classic and festive flavours, including mulled wine, gingerbread cookie and banana nut bread. Available in stores and online. Allow three to four business days for delivery. **Price:** $40 **Available at:** davidstea.com

3 Short Story

Voracious readers will love this collection of two dozen short stories from writers across North America, including Pasha Malla, Jess Walter, Richard Van Camp and Heather O'Neill. Each chapbook is sealed, so every story is a surprise. Orders accepted until Nov. 13. **Price:** $50 **Available at:** shortstoryadventcalendar.com



4 Ciaté London Mini Mani Month

Sure, no one has time to change their nail polish every day, but you could with this 24-piece set of nail goodies from Ciaté London. This calendar features miniature nail polish in a variety of shades and glittery finishes, a nail file and other treatments. **Price:** $71 **Available at:** sephora.com





metro SPORTS



Denver Broncos' Aqib Talib banned for one game for poking Colts' Dwayne Allen in the eye during Sunday's NFL game

Russia accused of doping coverup

TRACK AND FIELD

WADA findings could result in Olympic ban for sports giant

Russia's status as a sports superpower and its participation in track and field events at next year's Olympics came under threat Monday after a report accused the Russians of widespread, state-supported doping reminiscent of the darkest days of cheating by the former East Germany.

The findings by a commission set up by the World Anti-Doping Agency were far more damaging than expected. It means that two of the world's most popular sports — soccer and track and field — are now mired in scandals that could destroy their reputations.

The WADA investigation's findings that Russian government officials must have known about doping and coverups, with even its intelligence service, the FSB, allegedly involved, threatened to severely tarnish President Vladimir Putin's use of sports to improve his country's global standing.

Russia hosted the last Winter Olympics in Sochi in 2014 and will hold the next World Cup in 2018. "It's worse than we thought," said Dick Pound, an International Olympic Committee veteran who chaired the WADA probe. "It may be a residue of the old Soviet Union system." The 323-page report said that in Russia, "acceptance of cheating at all levels is widespread." Among its findings:

- Moscow testing laboratory director Grigory Rodchenkov ordered the "intentional and malicious destruction" of 1,417 doping control samples to deny evidence for the investigation.
- FSB agents regularly visited the lab, routinely questioned its staff and told some of them not to co-operate with WADA as part of "direct intimidation and interference by the Russian state" with the lab's work.
- FSB agents even infiltrated Russia's anti-doping work at the Sochi Olympics. One witness told the inquiry that "in Sochi, we had some guys pretending to be engineers in the lab, but actually they were from the Federal Security Service."
- "Widespread inaction" by track and field's governing body, the International Association of Athletics Federations, and Russian authorities allowed athletes suspected of doping to continue competing.

The WADA commission recommended that WADA declare the Russian athletics federation "noncompliant" with the global anti-doping code, and that the IAAF suspend the federation from competition.

The IAAF responded by saying it will consider sanctions against Russia, including a possible suspension that would ban Russian track and field athletes from international competition, including the Summer Olympics in Rio de Janeiro. IAAF President Sebastian Coe gave the Russian federation until the end of the week to respond.

"If they are suspended — and it sounds like the IAAF is moving in that direction already — and they are still suspended, at the time of Rio, there will be no Russian track and field athletes there," Pound said.

He added that Russia's doping could be called state-sponsored. "They would certainly have known," Pound said.

Russian Sports Minister Vitaly Mutko, whose ministry was accused by the WADA probe of giving orders to tamper with anti-doping tests, insisted Russia's problems are no worse than in other countries. Russia is being persecuted, he said, telling Interfax: "Whatever we do, everything is bad."

He threatened to cut all government funding for anti-doping work, saying "if we have to close this whole system, we would be happy to" because "we will only save money."

Mutko denied any wrongdoing to the WADA panel, including knowledge of athletes being blackmailed and FSB interference. Pound said Mutko must have known.

THE ASSOCIATED PRESS



Canadian Dick Pound, chairman of WADA's Independent Commission, presents the findings of his Commission's Report surrounding allegations of doping in sport, during a news conference, in Switzerland on Monday. SALVATORE DI NOLFI/KEYSTONE/THE ASSOCIATED PRESS



WADA's Richard Pound says Russian minister for sport Vitaly Mutko, left, and Russian president Vladimir Putin and his government must have known about the widespread doping and coverups. AFP/GETTY IMAGES

CANADA'S REACTION

Drug cheats robbed runner Stellingwerff of final place

It was a moment stolen from Hilary Stellingwerff. The Canadian missed qualifying for the women's 1,500-metre final at the 2012 London Olympics by just one spot — a final that, as it turns out, was full of drug cheats.

Since those Games, three of the finalists — including the gold medallist — have been disqualified for doping infractions. And Russia's fourth-place finisher Tatyana Tomashova had already served a doping suspension.

"I was so gutted in London to miss the final by just a hair, because I knew that there were girls in there that shouldn't be," Stellingwerff said. And while the World Anti-Doping Association's report Monday of doping and cover-ups is another black mark on the sport, Athletics Canada's head coach Peter Eriksson said it's good news for Canada. "Because we're not a country that cheats, we're a country that can stand up through all of this fog and say 'Look at us, we're a clean country, we're doing X, Y and Z,"' Eriksson said.

Canada won an unprecedented eight medals at the world championships in August, proof, say some, that a crackdown on doping is showing in results.

THE CANADIAN PRESS

NHL

League GMs meeting to review rule changes

NHL general managers are expected to review rule changes and discuss the controversial coach and executive compensation policy at their annual November meeting on Tuesday.

For the first time, the league has three-on-three play in overtime and coach's challenges for goaltender interference and offside plays. Deputy commissioner Bill Daly doesn't expect any potential changes to those rules to take place right away.

"These rules are the way they're going to be at least for the balance of the season," Daly said Monday. "I don't think there's been any unintended consequences for the rules. And I think they've operated as we've expected they'd operate."

A year ago at this meeting, GMs got rid of the dry scrape of the ice surface before overtime, which was designed to create more offence in overtime and cut down on shootouts. As Ken Holland of the Detroit Red Wings put it, the dry scrape turned out to be a "buzz kill" that stopped the momentum of games, so it was removed almost immediately.

One area of debate is whether referees and linesmen should decide coach's challenges in consultation with the situation room in Toronto or whether the league should have that power as it does on the puck crossing the goal line. Currently, officials watch replays on a tablet device at the penalty box.

In the first 214 games of the season, coaches challenged 32 plays. Seven of 23 goaltender interference challenges overturned the call on the ice, while four of nine offside challenges overturned the call on the ice.

THE ASSOCIATED PRESS



NHL Deputy Commissioner Bill Daly GETTY IMAGES

JUNIOR HOCKEY

Fired Flint Firebirds' coaches reinstated after owner admits 'mistake'

The owner of the Flint Firebirds junior hockey team has apologized for firing his coaching staff over the weekend, saying he made an "irresponsible mistake."

Rolf Nilsen says in a statement that the team took immediate steps today to reinstate the coaches after every member of the team handed in his jersey and quit in protest on Sunday.

According to multiple reports, Nilsen fired head coach John Gruden and assistants Dave Karpa and Petr Jonak because his son — defenceman Hakon Nilsen — was not receiving enough playing time. Ontario Hockey League commissioner David Branch travelled to Flint today to meet with all parties. Nilsen says the team is fully co-operating with the league.

The Firebirds moved to Flint this season after an 18-year run in nearby Plymouth, Mich.

THE CANADIAN PRESS

Time right for Argos to lift curse of Ticats' lair

CFL SEMIFINALS REVIEW

Ray is back for T.O., Hamilton without hurt QB Collaros

The Toronto Argonauts will have to solve the Tim Hortons Field jinx to reach the East Division final.

Toronto visits the Hamilton Tiger-Cats on Sunday in the East semifinal, the winner facing the Ottawa Redblacks in the conference final at TD Place on Nov. 22.

Hamilton was just 5-4 at home this year. The Ticats opened with three consecutive wins at Tim Hortons Field to improve to 10-0 there before losing 26-23 to Montreal on Aug. 27.

Since then, Hamilton has gone 2-4 at the facility but is 3-0 there all-time versus Toronto.

The Ticats have been especially dominant this year, outscoring the Argos 76-30 in their two home victories against their arch rivals.

Toronto was also 0-2 in relocated games at Tim Hortons Field this year.

Overall, the Argos are 0-5 there and have been outscored 150-59.

UPCOMING

SUNDAY
East semi-final:
Toronto at Hamilton, TBD
West semi-final:
B.C. at Calgary, 4:30 p.m.

But the Argos do have some reasons for optimism.

They head into the playoffs on a positive note, snapping a three-game losing streak Friday with a 21-11 home win over Winnipeg in their final game at Rogers Centre.

Veteran Ricky Ray looked sharp in just his second start of the season and the three-time Grey Cup winner will be under centre Sunday.

Also, Toronto won't have to face quarterback Zach Collaros.

Collaros led Hamilton to all of its home wins against his former team but is recovering from season-ending knee surgery.

Hamilton is coming off two straight losses to Ottawa, including a 44-28 decision at TD Place on Saturday. Redblacks quarterback Henry Burris completed 28 of 37 passes for 368 yards and six touchdowns.

With Hamilton backup Jeff Mathews (head) injured, youngsters Jacory Harris and Jeremiah Masoli were a combined 14 of 27 passing for 199 yards and one score versus Ottawa.

Meanwhile, Calgary begins its Grey Cup title defence hosting the B.C. Lions in the West Division semifinal.

The Stamps won both meetings, including a 28-7 decision at B.C. Place Stadium last weekend.

Backup Drew Tate threw two TD passes while Anthony Parker had four catches for 122 yards and a TD.



Toronto Argonauts QB Ricky Ray
THE CANADIAN PRESS

Rookie Lemar Durant had three catches for 45 yards but two of those were for touchdowns.

B.C. also rested some of its starters, including quarterback Jonathon Jennings as veteran Travis Lulay drew his first start since Sept. 3.

Running back Andrew Harris, a Winnipeg native, had only eight carries for 42 yards but cracked the 1,000-yard plateau for the second time.

THE CANADIAN PRESS

HOCKEY

Pronger on other side of the safety fence

Chris Pronger took more than a few physical liberties with opponents during his playing career. Intimidation was part of what made the big defenceman a Hockey Hall of Famer.

On the wrong side of the law eight times, Pronger had an "open-ended budget" for fines and suspensions.

That's his past. Now years removed from it, the bespectacled Pronger gives off the aura of a studious executive as he continues his work in the NHL's department of player safety.

Being an executive is Pronger's future, just as it was for previous Hall of Fame inductees Brendan Shanahan and Rob Blake. Pronger was once the subject of trouble and now joked that he's the "hall monitor."

> **"It's been a great opportunity to learn the business side.**
> Chris Pronger

"I'm learning an awful lot not only on the player safety side — I get to go to the GMs meetings and the board of governors meetings and kind of be a fly on the wall," Pronger said. "It's been a great opportunity to kind of learn the business side of the game."

Post-concussion syndrome ended Pronger's career in the fall of 2011 after he took a stick in the eye. He's still under contract through the end of the 2016-17 season and is on the Arizona Coyotes' roster after the Philadelphia Flyers traded his contract last summer.

Because it has been more than three years since his final game, the Hall of Fame clarified its bylaws to make Pronger eligible in 2015. He goes in with fellow defencemen Nicklas Lidstrom, Phil Housley and Angela Ruggiero, forward Sergei Fedorov and builders Peter Karmanos Jr. and Bill Hay.


Chris Pronger GETTY IMAGES

THE CANADIAN PRESS

metro OBITUARIES

MOSHER, Thomas Andrew "Tom"



age 62 of Dartmouth passed away Saturday, October 31, 2015 in the Infirmary Site, QE II. Born in Berwick he was a son of George Mosher and the late Joyce Mosher (Leslie). Family was very important to Tom. He loved spending time with his grandson and was very much looking forward to meeting his second grandchild due in March. He enjoyed camping, being on the water and vacationing at beaches along the South Shore. Growing up he spent many summers with his two brothers in Hall's Harbour. Gathering with friends and family to enjoy good food and wine meant a great deal to him. He was passionate about his work as a Civil Engineer in Alberta and Nova Scotia. In 1998 he started his business YMCL Engineering Ltd. and has been a long-standing member of APENS. Tom is survived by his wife of 38 years Val (Ferrier); his children, Andrea Harrington (Matthew), Gregory; grandson, Xavier Thomas Harrington; brothers, Paul (Kathryn) and Richard (Frances) and many nieces and nephews. Cremation has taken place. The family will receive visitors from 2-3:30pm Saturday, November 14 followed by a Celebration of Life at 3:30pm both in Atlantic Funeral Homes, 6552 Bayers Road, Halifax. In lieu of flowers donations may be to The Leukemia & Lymphoma Society of Canada. Sincere thank you to all the staff in the Hematology Unit of the Victoria General, especially Dr. Couban and Paula for their care, and to all of the family and friends who provided their love and support during Tom's battle with cancer. Online condolences may be sent to the family by visiting www.atlanticfuneralhomes.com (Halifax Chapel)

Atlantic Funeral Home Halifax Chapel

MUMFORD, Linda

Age 70 of Dartmouth, passed away Sunday November 8th at the Admiral Long Term Care Centre, Dartmouth. Born in Halifax, she was a daughter of the late John A. and Susan G. Slauenwhite. Linda was a loving person who enjoyed her friends and family. She will be missed by those who loved her, including extended family, Shannon Barnes her son's sister and Grant Mumford her son's father. Linda is survived by son, Tom Mumford, Dartmouth; sisters, June (James) Antle, Sackville; brothers, George (Erma) Slauenwhite, Alberta, James (Connie) Slauenwhite, Alberta, Doug (Heather) Slauenwhite, B.C.; many nieces and nephews. Besides her parents, she was predeceased by sisters, Joan and Gloria; brother, John. Cremation has taken place under the care and direction of Atlantic Funeral Home, 771 Main St., Dartmouth. Many thanks to the staff and management of the Admiral L.T.C.C. and the Dartmouth General Hospital. Your care and compassion was greatly appreciated. Donations in memory may be made to the Canadian Diabetes Association, Canadian Cancer Society or charity of choice.

On-line condolences may be sent by visiting: www.atlanticfuneralhomes.com (Dartmouth Chapel)

Atlantic Funeral Home Dartmouth Chapel

Arbor Memorial
Atlantic Funeral Home
Dartmouth
Halifax
Sackville

NHL cagey on Olympics

HOCKEY

Bettman also coy about a possible league expansion

As Quebec City, Las Vegas and Pyeongchang wait, the NHL is in no rush to make big decisions.

At some point the league must decide whether to expand to Quebec, Las Vegas, both or neither, and whether to send its players to the 2018 Winter Olympics in Korea. But officials reiterated Monday there's plenty of time before anything is figured out on those fronts.

Commissioner Gary Bettman confirmed that no final decision will be made on expansion at the next board of governors meeting in December.

The executive committee is set to meet to discuss the applications by Quebecor and Bill Foley's Black Knight Sports & Entertainment, but there's no timeline for a recommendation. "We're being very deliberate, very careful and very thorough," Bettman said Monday. "This is an important business decision."

The earliest expansion would happen to either Las Vegas or Quebec City would be the 2017-18 season. Pointing to the Nashville Predators' expansion process in the late 1990s, deputy commissioner Bill Daly said he wouldn't rule out that still being realistic, even if a decision isn't made until sometime in 2016.



Can Gary Bettman remember how sweet this was? Sidney Crosby of Cole Harbour, N.S., celebrates after scoring Canada's second goal in the 2014 gold-medal victory over Sweden at the 2014 Sochi Winter Olympics. MARTIN ROSE/GETTY IMAGES

Bettman and Daly also preached patience on the Olympics in the aftermath of meeting in New York with officials from the NHL Players' Association and International Ice Hockey Federation about 2018 and beyond.

The league's focus is currently on the 2016 World Cup of Hockey, its own event that will take place in Toronto.

> **It's not a quick cash grab.**
> Deputy commissioner Bill Daly on the potential for NHL expansion

But Bettman said "approximately in the next year" the NHL and players will have to make a decision about going to Pyeongchang and then Beijing in 2022. The commissioner said Beijing "alters the dynamic" of the conversation because of the opportunity the Chinese market might present.

"The question is, 'Would the fact that the Winter Olympics in Beijing would introduce that country to hockey give us an opportunity to make a real impression in China, where hockey is really in an embryonic state?'" Bettman said.

"That's a discussion we have to have to determine whether or not there is an opportunity to grow the game in China by using the winter games with NHL players as a catalyst."

THE CANADIAN PRESS

SPEEDSKATING

Canadian champion adjusting to rule changes

A lot changes in a sport when there's Olympic medals on the line. Ivanie Blondin wants to stay on top of those changes from now until the 2018 Winter Olympic Games.

The International Olympic Committee declared in June that the mass start will be added to the Olympic long-track speedskating program in Pyeongchang, South Korea.

Blondin claimed both the overall World Cup title and a world championship silver in mass start in the weeks prior to the IOC's announcement.

With Olympic medals now on the table, the 25-year-old from Ottawa expects a ramping up of tactics in what was already a cat-and-mouse marathon.

Blondin will race her first World Cup mass start since the IOC's declaration Sunday at the Olympic Oval in Calgary.

"I think I'm going to have an even bigger target on me this year," Blondin said Monday at the Oval. "Last year, I feel the mass start event wasn't really thought out very well by the other teams too much, but this year I think they're going to go into it really having game plans down before the races and having tactics."

THE CANADIAN PRESS

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RECIPE Lemon Thyme Spatchcock Chicken



PHOTO: MAYA VISNYEI



Ceri Marsh & Laura Keogh
For Metro Canada

Spatchcock is a butchering method that removes the backbone so the bird can be flattened; allowing for a more even roasting and, the best part, less cook time. A butcher can remove the bone or try one of the great online videos demonstrating this easy method.

Ready in
Prep time: 15 minutes
Cook time: 40 minutes
Serves 6

Ingredients
- 1 spatchcock Chicken
- 1/4 cup extra virgin olive oil
- Juice of one lemon
- 1 Tbsp dried thyme
- 1 tsp oregano
- Salt and pepper
- 1 lb new potatoes, halved
- 1 bulb of garlic, cloves peeled
- 1 Tbsp olive oil

Directions

1. Preheat oven to 425 F.

2. In a small bowl, whisk olive oil, lemon juice, thyme and oregano. Place chicken breast side up on a large roasting pan and brush herb mixture over the entire surface of the chicken. Season with 1 Tbsp salt and 1/2 tsp pepper.

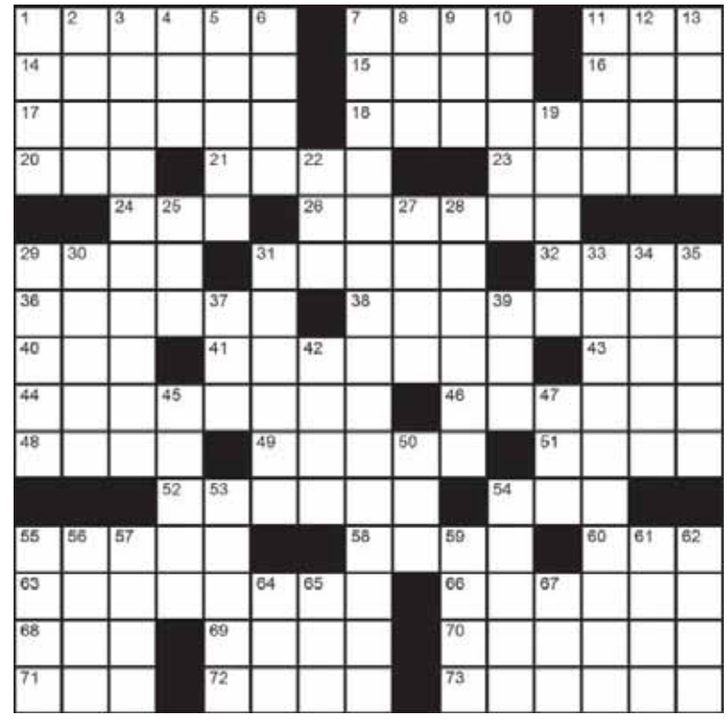
3. Meanwhile, in a large bowl, toss potatoes, garlic cloves, oil and 1/2 tsp salt. Scatter the potatoes and garlic around the body of the chicken in a single layer.

4. Roast in the oven for 40 to 45 minutes, or until a thermometer inserted into the thickest portion of the breast reaches 165 F. Remove chicken from oven and let rest for 10 minutes. Carve and serve with potatoes and a salad.

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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Hindu festival of lights
7. Sotheby's offers
11. Suitcase
14. Leisurely music tempo
15. CNN's "__ Burnett OutFront"
16. Mozart opera, L'__ del Cairo
17. Discover
18. Lighting for Austin Powers: 2 wds.
20. Mailing encl.
21. Mr. Malden
23. Celebrations
24. Real estate abbreviation
26. Atomic Number 56
29. Batman's butler's namesakes, shortened
31. __ mignon (Steakhouse order)
32. Drop
36. Winnipeg-born actress Ms. Durbin
38. Cape Breton Island: 'Gateway to the Highlands' area on the Cabot Trail
40. Feel yucky
41. In ancient Greek mythology, hunter who got turned into a hunted-by-hounds stag
43. Feminine pronoun
44. Magician's creation
46. Scottish recording artist Sheena
48. Carpentry tool
49. Comic actor Mr. Johnson's
51. River islets
52. Recently: 2 wds.
54. Corporate executives, e.g.
55. The Great Wall of __
58. Prefix meaning 'Wine'
60. Visited
63. Shaw media specialty channel that airs classic TV shows
66. "Let's Wait __" by Janet Jackson
68. Twi'__ (Humanoid species in the 'Star Wars' universe)
69. 'Persist' suffix
70. Like a leaf or marble
71. Chicago's Ii'l state
72. Hershey's chocolate/toffee bar
73. "C'mon Everybody" rocker Mr. Cochran's

DOWN
1. Fathers, to kids
2. Brain wave
3. Hamilton = City of __
4. "The __ of Adaline" (2015)
5. Phrasings in jazz improv
6. Shred
7. Free-standing telecommunications structure in Moncton: 3 wds.
8. "__ & Abby" (2006) starring Chris Messina
9. Segment [abbr.]
10. Confusion-causing mess
11. Ship
12. Highest point
13. Spaces
19. Clunky car
22. MLB statistic
25. Butterfly logo co.
27. __-Levesque (Boulevard in Montreal)
28. "__ __ without saying..."
29. Soaps actress Deborah
30. Priestess in Georges Bizet opera The Pearl Fishers
31. Spa treatment
33. Cree Nation in Quebec which is home to the province's largest freshwater lake
34. "The Kid __ __ Tonite" by Loverboy
35. And so, plurally
37. 'Street's Disciple' rapper
39. __ _ whim
42. Afghanistan's __ Bora
45. Once __ _ time
47. Tree's treat
50. Shoe width
53. Most liked things, fun-style
54. Pledged
55. Nero's 451
56. Scoundrel
57. Alphabetic quartet
59. Place for pews
61. Sailor's sheltered side
62. Ties the knot
64. Pen's blue stuff
65. Green
67. Concealed

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You may be tempted to kick up a fuss because someone has let you down. Is it worth the effort? Life is an ordeal only if you make it one.

Taurus April 21 - May 21
It is easy to point out the flaws in another person's belief system but does it make a difference? Probably not. Some people can be incredibly stubborn (look in the mirror!) so don't waste time or energy on them.

Gemini May 22 - June 21
You may be tempted to play things by ear today but the planets warn you are likely to regret it. You will do best if you have a specific aim and a workable plan that will get you from A to B by the shortest route.

Cancer June 22 - July 23
Do you tell a friend what they want to hear or what they need to hear? It's best to get bad news over with quickly. Don't worry too much about their feelings — they'll get over it.

Leo July 24 - Aug. 23
Try so hard to make a good impression and you could end up turning people against you. Don't pretend to be someone you are not because others will see through your act.

Virgo Aug. 24 - Sept. 23
You don't have to try too hard but you do have to make some sort of an effort. Where money is concerned you should check each and every detail twice, because errors could have costly consequences.

Libra Sept. 24 - Oct. 23
Your confidence may be high these days but don't take things for granted. It's a great time to make plans but remember to be flexible — even the best laid plans can change at the last moment.

Scorpio Oct. 24 - Nov. 22
Don't trust the person who tries to convince you that you owe them in some way. You feel good about life but that does not mean you have to give what you own away.

Sagittarius Nov. 23 - Dec. 21
There are things going on behind the scenes that you won't know about until later in the month. You are still moving in the right direction, so take life as it comes.

Capricorn Dec. 22 - Jan. 20
The more people say you should trust them the more you should be on guard. It is unlikely they are deliberately trying to mislead you but they themselves may have been misled.

Aquarius Jan. 21 - Feb. 19
Lady Luck will come knocking and you should grab what she has to offer with both hands. You may be tempted to wait for a better deal but what if it doesn't come?

Pisces Feb. 20 - March 20
The more time and energy you have put into something the more reluctant you will be to give up on it but the break needs to be made. Clear a space in your life and something better will come to fill it.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

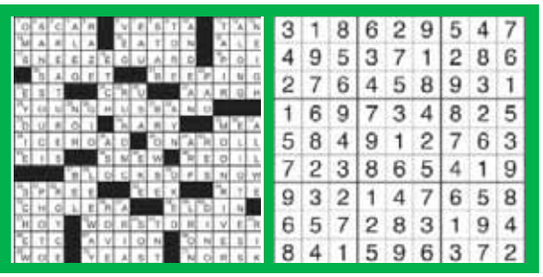
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4	9	5	3	7	1	2	8	6
2	7	6	4	5	8	9	3	1
1	6	9	7	3	4	8	2	5
5	8	4	9	1	2	7	6	3
7	2	3	8	6	5	4	1	9
9	3	2	1	4	7	6	5	8
6	5	7	2	8	3	1	9	4
8	4	1	5	9	6	3	7	2

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